Delmar
private hospital

Rehabilitation, Surgical
Medical Hospital

Maximising Your Potential

Providing 5 Star Surgical, Rehabilitation &
Medical Care To The Communities of
Sydney's Northern Beaches.

The Team

Our hospital staff are highly skilled and caring professionals.

- Rehab Physicians
- Registered Nurses
- Physiotherapists
- Exercise Physiologists
- Occupational Therapists
- Social Workers
- Dietitian

You May Have Access To

- Speech Therapist
- Psychologist

Delicious & Nourishing Meals

Crafted by Our Chef, Approved by Our Dietitian

We aim to produce a "home away from home" ambience for our patients. Our food is cooked fresh on site by our in-house Chef. The menu is created alongside out dietitian to create healthy, balanced and delicious meals. We can cater to all dietary requirements.

Inpatient Rehabilitation

We aim to restore patients to an optimum level of function and be as independent as possible. Team discharge planning begins at the first point of admission with the patient and family/carers

Programs & Assessments

After assessment by our Rehabilitation Specialist and the needs of individual patients, including treatment to improve mobility, muscle strength, joint range, balance, exercise tolerance and increased functional independence.

- Orthopaedic
- Heart Wellness
- Reconditioning
- Falls frailty
- Pulmonary
- Neurological
- Oncology
- Diabetes
- Pain Management

Day Only Rehabilitation

Flexible and effective way to recover from surgery, illness, or injury without the need for an overnight hospital stay. The goal of the program is to improve strength, balance, joint range, endurance, and mobility.

Patients remain under the care of a Rehabilitation Specialist, and a personalised treatment plan is developed by our multidisciplinary Allied Health team.
Your program may include:

- Hydrotherapy
- Physiotherapy
- Exercise Physiology
- Occupational Therapy
- Other Allied Health Services

Patients who have not been an inpatient require a doctor's referral and medical summary.

Call today on (02) 9982 7655

Team Meetings

Weekly team meetings occur where we discuss progress and goals. Discharge letters will be sent to your GP.

Family Involvement

When appropriate, your family and carers are invited to attend a family conference to ensure the best possible outcome.

Continuing Care

Your local General Practitioner is invited to continue playing a part in your care in conjunction with the Rehabilitation Specialists.

How To Refer

Ask your GP, specialist, or hospital (if you are an inpatient) for a referral. Referral forms for **Inpatient and Day Rehabilitation** can be found on our website under the Health Professionals tab.

Facilities

Delmar provides a total care experience from surgical procedures to both inpatient and day rehabilitation – all onsite. We pride ourselves on providing highly experienced, professional, and caring staff who put the needs and welfare of the patient first.

- **70 Luxury Private Suites all With Private En Suites Many Featuring Ocean Views**
- 3 Medical Gymnasiums
- 2 Hydrotherapy Pools
- 8 Consulting Rooms
- 5 Surgical Theatres
- Onsite Parking
- Cafe
- Lounge Area

Cost

We partner with **all major health funds**, so your Inpatient Stay or Day Rehabilitation program may be fully covered. We also accept DVA, WorkCover, CTP, and self-funded patients.

ahm · Australian Government Department of Veterans' Affairs · Bupa · CBHS Health Fund · Defence Health · HCF · medibank · nib · Teachers Health · Westfund Health Insurance

Administration Hours

Monday - Friday 7am – 5pm

Visiting Hours

Monday - Sunday 2.00 pm 8.00 pm

Where To Find Us

Delmar Wellness Centre, 58 Quirk St
Dee Why, NSW, 2099

Parking

Unrestricted off street parking is available.

Contact Us For More Information

Phone: (02) 9982 7655
Fax: (02) 9971 7299

Email: dphenquiries@machealth.com.au

Web: www.mhsdelmar.com.au